



100 Mile Challenge Dog Tracking Log 2018

Name: _____

Email: _____

Start Date: Wednesday Jan 24, 2018. End Date: Friday May 4, 2018 Event Kick-off: Jan 20, 2018 at 2-4pm at Executive Office Building Cafeteria 20 MINUTES OF ACTIVITY = 1 MILE 2000 STEPS = 1 MILE								
WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL
Week 1 Jan 21 - 27	X	X	X					
Week 2 Jan 28 – Feb 3								
Week 3 Feb 4 - 10								
Week 4 Feb 11 - 17								
Week 5 Feb 18 - 24								
Week 6 Feb 25 – Mar 3								
Week 7 Mar 4 - 10								
Week 8 Mar 11 - 17								
Week 9 Mar 18 - 24								
Week 10 Mar 25 – Mar 31								
Week 11 Apr 1 – Apr 7								
Week 12 Apr 8- Apr 14								
Week 13 Apr 15 – Apr 21								
Week 14 Apr 22 – Apr 28								
Week 15 Apr 29 – May 4								
Total Miles	X	X	X	X	X	X	X	

Signature: _____

Date: _____

To claim your challenge award and any prizes you have won you must submit a completed and 100 Mile Challenge Tracking Log. by email to joanne.roberts@montgomerycountymd.gov.